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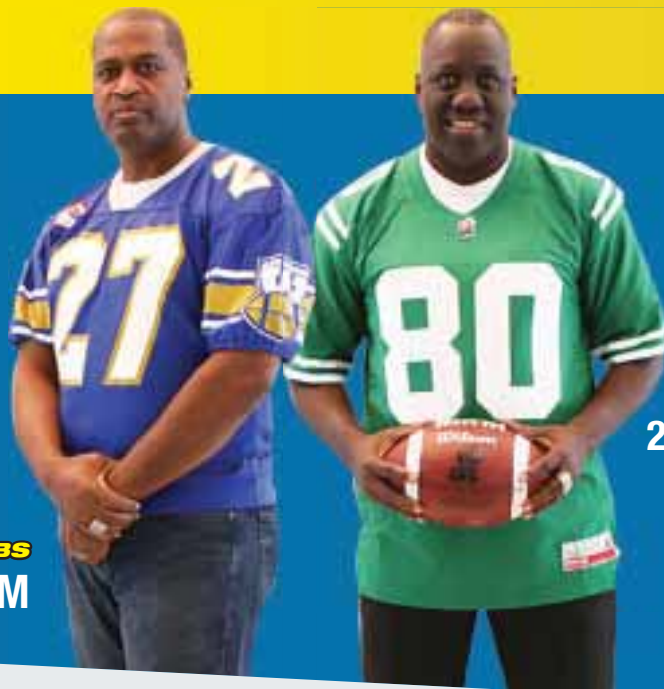


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'IT ONLY TAKES TWO MILLIGRAMS'



**Fentanyl
suspected in
overdoses
and one death**
metroNEWS

HANDOUT/THE CANADIAN PRESS

Finding love through weightlifting

**'It's just been
a hoot,' says
St. Vital sport
official**



**Dave
Baxter**
Metro | Winnipeg

When Richard Mason went looking for love he found it and so much more — including places he never imagined.

Mason was just at the 2015 Pan American Games in Toronto working as a weightlifting official and announcer, and that's just one of many top-tier weightlifting events he has officiated around the world.

The 50-year-old from St. Vital had no plans to get into the sport of weightlifting, until he met and started dating Susanne Dandenault, a nine-time national champion in weightlifting back in 2000.

He soon realized he needed a way to spend time with her.

"At that point she was training three or four hours a day, and to be blunt, if you want to see someone that is training three or four hours a day, you better find a way to spend time in the gym," said Mason.

"And I've often said I'm not smart enough to coach and too

weak to be a weightlifter, so that left officiating."

Mason may have started learning the sport of weightlifting as a way to spend time with a girl, but he took it very seriously.

"So then as it turns out you're actually good at something," said Mason. Officiating weightlifting has now taken Mason across Canada and the U.S., and to Scotland, Venezuela, and even Israel.

"It's just been a hoot. I've been places I never imagined I would go. I've even floated in the Dead Sea," said Mason.

The weightlifting stuff may have worked out better than Mason could have imagined, but that whole love thing has gone pretty well too, as he and Susanne have been happily married for more than 10 years, and have two kids.

"It's amazing," said Mason. "It's been a blessed ride."



Richard Mason with his wife, Susanne Dandenault. HANDOUT

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CRIME

Witnesses sought in Thelma Krull case

Winnipeg police are again seeking people who may have seen something leading up to the disappearance of Thelma Krull.

Krull, 57, went missing while out for a hike on July 11.

Investigators are now trying to identify the occupants of a newer, dark-coloured Dodge Caravan or Volkswagen Routan, which was seen around the area of Civic Park (Valley Gardens) on that morning.

They also believe a woman was walking a dog in the area just prior to 8 a.m. on July 11 and they would like to speak to her as well as a possible witness.

The woman is described as white, about five-foot-three or five-foot-four, with an average build and dark brown hair.

She was wearing ear buds, and walking a brown dog that was about knee-high, possibly a German shepherd.

Police released images of several other people they wanted to talk to regarding Krull's disappearance. Those people have all been interviewed.

Anyone with any information about the vehicle or the woman, or anyone that has any information regarding Krull's disappearance is asked to call police at 204-986-6508.

METRO

RCMP

Officer subject of abuse investigation

A new unit formed to review police officer conduct in Manitoba is now investigating a possible case of domestic abuse.

The Independent Investigation Unit (IIU) said early on Aug. 9 a person in a domestic relationship with an RCMP officer went to The Pas Health Complex because they were having trouble breathing.

RCMP went to the hospital and met the person, who had a broken rib.

They found out the injured person and an RCMP officer had been involved in an inci-

dent at their home.

A broken rib is considered a serious injury under IIU regulations.

The IIU was notified by the RCMP on Aug. 10, and has now assumed responsibility for this investigation.

The investigation is ongoing by the IIU, and they said they would not release any new information.

The IIU, which was formed in June, investigates all serious incidents involving police officers in Manitoba, whether they happen on or off duty.

METRO

Manitoba Moose tickets selling well

HOCKEY

AHL team set to return to Winnipeg this fall



Dave Baxter
Metro | Winnipeg

Manitoba Moose season tickets sales have been going well so far, and Winnipeg hockey fans say that's no surprise.

True North Sports and Entertainment (TNSE) said they have reached sales of 4,000 season tickets for the AHL team that is set to return to Winnipeg this fall, and share the MTS Centre with the big-league Winnipeg Jets.

"I knew there wouldn't be any problem selling tickets," said 27-year-old Jon Peters, who was shopping for sports merchandise at the St. Vital River City Sports on Wednesday.

"Even now there is still such a hype around hockey and the Jets, and it's not stopping, so that hype trickles down to the Moose."

Hockey fever may be high in Winnipeg, but if an AHL team not affiliated with the Winnipeg Jets had set up shop in Winnipeg, Peters said he doubts it would work.

"Serious Jets fans want to



River City Sports employee Andrew Olfert, and costumer Jon Peters both say they are not surprised season subscription sales have been going strong. DAVE BAXTER/METRO

see the Moose play because those guys are the prospects, and just everything Jets is a seller in this town.

"Even the amount of Jets shirts and bumper stickers you see out on the streets is insane."

Andrew Olfert works at the St. Vital River City Sports and said losing the Jets in 1996 is the reason the city now sup-

ports hockey the way it does. "We went without NHL hockey for so long and it came back, so we realized how much we missed it."

TNSE would have done their homework before bringing a second pro team to town, said Olfert. "They have proven they know what they are doing, and they don't make rash decisions."

The people who run the Jets and the Moose said the support they have received for the Moose so far has surpassed even their expectations.

"We had some confidence there would be an excitement, but to say the hockey community in this city and province has stepped up again would be an understatement," said TNSE in an email.

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Death, overdoses may be fentanyl-related: Police

CRIME

Constable says they have seen a usage increase in last few years



Elisha Dacey
Metro | Winnipeg

A drug that has killed hundreds of people across Western Canada is suspected in the overdose death of a Winnipeg man.

Winnipeg police said they were investigating three overdoses on the weekend, one of which resulted in death. While they could not immediately confirm what killed the person, they said fentanyl was suspected in all three cases.

A man posting on Reddit said the person who died was his brother, and that his brother had used cocaine he suspects was laced with a deadly dose of fentanyl.

Winnipeg police and RCMP confirmed to Metro earlier this year they were seizing more and more of the drug, which is a legal opiate. However, illegal versions of the drug are appearing on the streets due to its power.

"Users that were once addicted to the same family of drugs such as Percocet, oxycodone have now moved on to fentanyl due to its strength," Const. Eric Hofley said in an email in February. "Over the last few years we have definitely seen an increase in use."

From 2009 to 2014, 665 people died from the drug, according to the Canadian



A bag of seized fentanyl pills. The drug is suspected to be behind one death and two overdoses in Winnipeg this past weekend.

CONTRIBUTED/EDMONTON POLICE SERVICE

Centre on Substance Abuse.

In Calgary, where 145 people have died from the drug in 2015 alone, Staff Sgt. Martin Schiavetta of the Calgary Police Service's drug unit said fentanyl is commonly

mixed with other street drugs.

"We have seen fentanyl mixed with heroin, caffeine, xylene, ketamine, and I am sure once we get our results back from Health Canada we

will see other illegal commodities and deadly substances mixed with fentanyl," Schiavetta said.

"Fentanyl is 40 times more toxic than heroin and up to 100 times more toxic than

morphine. It only takes two milligrams of powdered fentanyl to kill a person, which is the equivalent of two grains of salt."

WITH FILES FROM SHANE GIBSON, THANDI FLETCHER AND LUCIE EDWARDSON

+ BACKGROUND

What does fentanyl look like?

Legal fentanyl is usually a pill, but illegal fentanyl is harder to spot. Because a tiny dose can kill a person, it is commonly cut with other drugs. Therefore, users often don't know it's in the drugs they buy off the street.

What does an overdose look like?

According to Winnipeg police, early signs of a fentanyl overdose include:

- Severe sleepiness
- Slow heartbeat
- Trouble breathing, or slow, shallow breathing or snoring
- Cold, clammy skin
- Trouble walking or talking

How Alberta is fighting back

As deaths related to fentanyl continue to spike, Alberta Health Services (AHS) has launched a Take Home Naloxone program and is urging fentanyl users to take note.

According to medical officer of health Dr. Nicholas Etches, the naloxone kits can reverse an overdose caused by fentanyl.

Since the launch of the program July 7, naloxone has already been credited with saving the life of one Calgarian.

Etches said he hopes that by handing out the kits, more lives will be saved.

"If we can hand out 1,000 kits in Calgary, it is estimated we can decrease overdose deaths by almost half," he said.

Etches said AHS has launched a fentanyl awareness campaign in which they are targeting recreational drug users, aboriginal communities and entrenched users in Alberta.

LUCIE EDWARDSON/
METRO IN CALGARY



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MAGNA CARTA A CORNERSTONE OF HUMAN RIGHTS Magna Carta Canada co-chairs Suzy and Len Rodness look over the Magna Carta at the CMHR. A travelling exhibition is here until Sept. 18, the first time the document has ever been moved from its home in the U.K. DONNA MAXWELL/FOR METRO

The past is in your hand, at your feet

HERITAGE

Upper Fort Garry park unveiled with mobile app

Donna Maxwell
For Metro | Winnipeg

A bit of modern technology will help visitors experience Upper Fort Garry as it is today and as an active trading post in the 1800s.

The Friends of Upper Fort Garry (FUG) held a ribbon-cutting and unveiled a mobile app at the provincial park on Friday.

"Today we are celebrating as we officially open the park and unveil the exciting new technology that makes it so unique," said Jimm Simon, executive director of FUG.

Group members have been working since 2006 to revitalize the park and create a dis-



A non-profit charity group has been working to revitalize the area since 2006. WIKIMEDIA COMMONS



The app gives us a virtual glimpse into history.

Jimm Simon, executive director of FUG

inctive space for visitors to interact with history.

"Using the app, visitors can

see what the fort previously looked like, while walking around the current-day interpretation," Simon said.

"The app gives us a virtual glimpse into history."

More interactive features are slated to be added to the photographs and facts the app currently provides.

The app is free and available for download from the App Store and Google Play.

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Harper rivals keep spotlight on Duffy

 **ELECTION 2015**

Prime Minister denies parallel to sponsorship scandal

Stephen Harper called any comparison between the Mike Duffy affair and the Liberal sponsorship scandal “absurd” as the Conservative leader faced more questions on Sunday from reporters and attacks from his opponents about the senator.

The Duffy issue stayed in the election campaign spotlight after revelations emerged last week during the senator’s fraud, breach of trust and bribery trial.

Harper was reminded Sunday by a reporter how he wouldn’t accept claims years ago that former Liberal prime minister Jean Chrétien and then-finance minister Paul Martin knew nothing about the sponsorship scandal in the 1990s.

The Tory leader was then asked to explain the difference between that situation and the Duffy affair, which Harper has insisted he knew nothing about.

“Look, in the Liberal spon-



Liberal Leader Justin Trudeau, right, greets NDP Leader Thomas Mulcair during a campaign stop at the annual Pride Parade in Montreal on Sunday.

GRAHAM HUGHES/THE CANADIAN PRESS

sorship scandal \$40 million of Canadian taxpayers’ (money) disappeared,” Harper said.

“So, I think the comparison is absurd.

“This case we have a senator whose expenses, in our judgment, were not justifiable and

my response was that he should pay those expenses back.”

Harper’s rivals sought to keep the Duffy issue alive on Sunday as the campaign entered its third week.

Liberal Leader Justin Trudeau sent an open letter to Harper, de-

manding explanations to alleged contradictions and inconsistencies in his statements, and those of some of his cabinet ministers.

In the letter, Trudeau also called on Harper to fire members of his team who were allegedly involved in a Duffy coverup.



On October 19, Canadians will get a chance to fire that person responsible for the whole mess — and that is Stephen Harper.

New Democrat Leader Thomas Mulcair

“Mr. Harper continues to ignore the calls for answering questions, for explaining why he keeps these people who have been involved in part of a cover-up to hide the truth from Canadians — why he continues to keep them around him, indeed, running his campaign,” Trudeau told reporters in Montreal, where he attended a Pride event.

Last week, Harper said the “vast majority” of his staff were unaware of a scheme to fake Duffy’s personal repayment of Senate expenses. The statement marked a shift from Harper’s previous position that only one person was aware.

One of the people informed about the plan by Harper’s then-chief of staff, Nigel Wright, to repay Duffy’s expenses was Ray Novak, Harper’s current chief of staff, close confidant and a senior Conservative Party campaign director.

New Democrat Leader Thom-

as Mulcair was asked Sunday whether some of Harper’s staffers should lose their jobs over the Duffy scheme.

“Well, I think somebody should be fired for the whole Duffy-Wright affair,” Mulcair said in Montreal, where he also attended the Pride event.

“On October 19, Canadians will get a chance to fire that person responsible for that whole mess — and that is Stephen Harper.” THE CANADIAN PRESS



PM Stephen Harper. SEAN KILPATRICK/THE CANADIAN PRESS



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EDUCATION

‘Flipped classrooms’ moving forward in school curriculum

As Canadian kids prepare to head back to school, there’s a growing movement gaining traction across the country that involves students learning their lessons at home and doing their homework at school.

It’s called the “flipped classroom” — students watch an online video of a lesson as homework, and then work on problems during class time.

The method is becoming more prominent as technology in schools allows for videos to be accessed easily, either on custom-made sites, on YouTube or downloaded to a device.

A high school in Newmarket, Ont. — Sir William Mullock Secondary School — is making the leap. Colloquially, they call it a “Bring-Your-Own-Device” school where every student has to have a laptop or tablet to be able to use the technology.

That technology has allowed

teachers to flip their classrooms.

Donna Green, a math teacher at the school, flipped her Grade 10 academic math class in the second semester. She uses technology that captures video of her computer screen along with her voice as she progresses through a lesson.

Despite some of the drawbacks — most of the criticism has centred on the fact that low-income students may not have access to the technology required — Green and other teachers argue that flipped classrooms are better for the students.

There’s some evidence to back up their opinion. A high school in Michigan, one of the worst academic performers in the state, flipped every classroom in 2011, and saw failure rates decline significantly while graduation rates soared.

Green and her colleague, Amanda Belanger, surveyed

their students in Newmarket through an online questionnaire about the new style. Two-thirds said they preferred it to the traditional “chalk-and-talk” method.

The results, Green says, show students like the ability to watch the videos at their own pace — they can pause, rewind and review them if they’re puzzled.

Then they apply what they’ve learned from the video lessons to problems that they work through in class.

“When we assigned homework before, the deeper problems were the stuff they weren’t finishing at home because they didn’t know how to do it,” she says. “Now they’re finishing that at school, and we can help because we’re around.”

Math and science are natural fits for the method, but Green’s colleague, Derrick Schellenberg, uses it in his English class sometimes, too.

He employed it, for example, when teaching the 12 stages of the so-called quest pattern in mythology.

“They would watch the video ahead of time and then we would deconstruct the idea in class; then we would apply it to a film or short story or a book or a play,” he says. THE CANADIAN PRESS



When we assigned homework before, the deeper problems were the stuff they weren’t finishing at home because they didn’t know how to do it.

Math teacher Donna Green



Osama Hamdan, a top representative of Hamas in Lebanon, speaks during a protest in Gaza City.

THE ASSOCIATED PRESS FILE

Hezbollah, Hamas reps in Lebanon condemn ISIL

MIDDLE EAST

Parties want to fight terrorism with Canada, get off blacklist

Two political parties in the Middle East designated as terror groups by Canada predict the Islamic State movement won't survive and question why they're black-listed when co-operation could defeat the common enemy.

Representatives of both Hezbollah and Hamas in Lebanon have separately condemned ISIL in rare meetings with The Canadian Press.

Prime Minister Stephen Harper has denounced the jihadist militants, a position he has used to buttress Canada's involvement in the U.S.-led coalition conducting airstrikes in Iraq and Syria.

National security is a leading issue in the Oct. 19 federal election.

ISIL is "not accepted" by most Muslims represented by Hamas, said its boss in Lebanon, Osama

Hamdan.

"In Gaza, we do have the resolution to deal harshly and prevent these groups," he said.

A source close to Hezbollah's top leadership said extremist movements "mushroom, but they never last and don't find a place with moderate Sunnis and Shias.

"There will always be radical thinking in the world," said the man, who agreed to speak on anonymity, through a translator.

“

It's possible you could have Canada and the U.S. working with Hezbollah and Hamas against ISIL.

Rami Khouri

"We had called for the largest coalition to fight terrorism. We had also called upon religious scholars in this region to condemn this phenomenon."

A political analyst with the American University of Beirut said the tough talk

could signal more shifting alliances.

"It's possible you could have Canada and the U.S. working with Hezbollah and Hamas against ISIL if they're seen as a common threat — which they are," said Rami Khouri, who has 45 years of experience in the region.

"But it's not happening right now. If it did happen, it would be in different political circumstances." THE CANADIAN PRESS

TECHNOLOGY

Experts at odds on Canada's drone rules

Experts say Canada's permissive approach to regulating commercial drones has made it a world leader in the burgeoning field, while others warn that inadequate enforcement of the soaring number of amateur flyers is putting the public at risk.

People have been increasingly taking to the skies now that recreational drones are more affordable than ever.

That upswing in popularity, the lack of public-awareness

campaigns and skimpy enforcement efforts have put the unmanned aircraft on a collision course with their manned counterparts.

A rise in incidents involving recreational drones interfering with planes and helicopters has some calling for Transport Canada to sanction unlawful recreational drone users.

"Public awareness and enforcement is lacking," said Ernie Zeisman, president of a drone

training outfit in the British Columbia Interior. "They need to begin clamping down."

Currently, a recreational pilot operating a drone weighing less than 35 kilograms doesn't require either a licence or a special permit to fly but must follow a list of Transport Canada safety guidelines.

These include stipulations such as staying nine kilometres from an airport, flying below 90 metres and always keeping their

craft within eyesight.

Zeisman said a shortage of resources are mostly to blame for the lack of enforcement.

Commercial drones — officially referred to as unmanned air vehicles, or UAVs — are a different matter, he said.

"Commercial operators very much stick to the regulations and want to be responsible," said Zeisman. "They don't want to lose their licence."

THE CANADIAN PRESS

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PRESIDENTIAL CAMPAIGN

Trump targets Mexicans in policy

The U.S. presidential campaign of Donald Trump has entered a new phase: that of releasing a few policy specifics spelling out how he'd govern.

In an indication the reality star-businessman intends his presidential run to be more than a mere celebrity stunt, he's hired staff in early primary states and he released his first platform paper Sunday.

The eight-page paper on immigration threatens the Mexican government, the business community and millions of families living in the U.S. under uncertain legal status.

One section explains how he would build a multibillion-dollar wall across the southern border of the U.S. and get the Mexican government to pay for it.

Trump says he'd apply financial pressure until the Mexicans pay up. He says he'd impound cross-border remittance payments linked to illegal wages; hike fees for work visas for Mexican CEOs and diplomats; and increase fees for border-crossing cards and NAFTA worker visas from Mexico.

He would triple the number of U.S. immigration officers; end job visas for foreign students; defund so-called sanctuary cities that shelter undocumented migrants; detain and deport undocumented migrants; suspend the granting of green cards until more unemployed Americans enter the work force; and end automatic citizenship for babies born in the U.S.

Trump has also said he'd undo President Barack Obama's executive orders, including one that granted residency rights to the children of people who entered the U.S. illegally.

Those actions would affect millions of people.

THE ASSOCIATED PRESS

Rescuers scour remote Papua for downed plane

INDONESIA

Local villagers report seeing aircraft crash into mountain

An airliner carrying 54 people went missing Sunday during a short flight in bad weather in Indonesia's mountainous easternmost province of Papua, and rescuers were heading to an area where villagers reported seeing a plane crash into a mountain, officials said.

The Trigana Air Service plane was flying from Papua's provincial capital, Jayapura, to the Papua city of Oksibil when it lost contact with Oksibil's airport, said Transportation Ministry spokesman Julius Barata. There was no indication that the pilot had made a distress call, he said.

The ATR42-300 twin turbo-prop plane was carrying 49 passengers and five crew members on the scheduled 42-minute journey, Barata said. Five children, including two infants, were among the passengers.

Local media reports said all the passengers are Indonesians. The airline did not immediately release a passenger manifest.

Oksibil, which is about 280 kilometres south of Jayapura, was experiencing heavy rain, strong winds and fog when the plane lost contact with the airport minutes before it was



Relatives of passengers on the missing Trigana Air Service flight stand in front of its closed offices at Sentani airport in Jayapura, on Sunday, showing concern about the unaccounted-for twin turboprop plane carrying 49 passengers and five crew members. THE ASSOCIATED PRESS

scheduled to land, said Susanto, the head of Papua's search-and-rescue agency.

Residents of Okbape village in Papua's Bintang district told local police that they saw a plane flying low before crashing into a mountain, said Susanto, who, like many Indonesians goes by one name. He said about 150

rescuers were heading to the remote area, which is known for its dense forest and steep cliffs, and would begin searching for the plane early Monday.

Okbape is about 24 kilometres west of Oksibil.

At a news conference Sunday night at the transport ministry in Jakarta, officials said they would not have any details on the villagers' report until rescuers reach the area.

Much of Papua is covered with impenetrable jungles and mountains. Some planes that have crashed there in the past have never been found.

Dudi Sudibyo, an aviation analyst, said that Papua is a particularly dangerous place to fly because of its mountainous terrain and rapidly changing weather patterns.

"I can say that a pilot who is capable of flying there will be able to fly an aircraft in any part of the world," he said.

Indonesia has had its share of airline woes in recent years. The sprawling archipelago nation of 250 million people and some 17,000 islands is one of Asia's most rapidly expanding airline markets, but is struggling to provide enough quali-

+ UPDATE

Rescue officials said late Sunday that a search plane had spotted the wreckage. There was no word at press time regarding any survivors.

Officials said the wreckage was spotted 12 kilometres from its destination.

fied pilots, mechanics, air traffic controllers and updated airport technology to ensure safety.

THE ASSOCIATED PRESS

A pilot who is capable of flying (in Papua) will be able to fly an aircraft in any part of the world.

Dudi Sudibyo, aviation analyst, on the danger of flying in the turbulent, mountainous region



IN BRIEF

Former NAACP leader and civil rights activist dies at 75

Julian Bond, a civil rights activist and longtime board chairman of the NAACP, has died. He was 75.

The Southern Poverty Law Center says Bond died Saturday night in Fort Walton Beach, Fla., after a brief illness. Bond was considered a symbol and icon of the 1960s civil rights movement. He was on the front lines of protests that led to the landmark civil rights laws in the U.S.

THE ASSOCIATED PRESS

Sixty same-sex couples say 'I do' in Puerto Rico

More than 60 couples from around the region have gathered in Puerto Rico's capital to exchange vows at a same-sex marriage ceremony.

The Sunday ceremony in San Juan's colonial district is taking the couples through the traditional marriage vows following the landmark U.S. Supreme Court ruling requiring every state to recognize same-sex marriages.

THE ASSOCIATED PRESS

CHINA

Lethal sodium cyanide in Tianjin blasts

Authorities pulled more bodies from a massive blast site at China's Tianjin port, pushing the death toll to 112 on Sunday as teams rushed to clear dangerous chemicals and prosecutors prepared an investigation into those responsible for the disaster.

More than 700 people were injured and 95 people — including dozens of firefighters — are missing after a fire and rapid succession of blasts late Wednesday hit a warehouse for hazardous chemicals in a mostly industrial area of Tianjin, 120 kilometres east of Beijing.



The Tianjin explosions are among the deadliest industrial accidents in China. CHINATOPIX VIA THE ASSOCIATED PRESS

By Sunday, authorities confirmed there were "several hundred" tonnes of the toxic chem-

ical sodium cyanide on the site at the time of the blasts, although they said there have not been

any substantial leaks.

Sodium cyanide is a toxic chemical that can form a flammable gas upon contact with water, and several hundred tonnes would be a clear violation of rules cited by state media that the warehouse could store no more than 10 tonnes at a time.

Tianjin officials have ordered a citywide check on any potential safety risks and violation of fire rules, mandating suspension of operations for factories that cannot immediately comply with safety rules.

THE ASSOCIATED PRESS



Kern County Sheriff Donny Youngblood talks during a recent news conference in Bakersfield, Calif., while showing a photo of Benjamin Peter Ashley. Authorities have identified Ashley who they believe killed a retiree, took people hostage and wounded Kern County sheriff's deputies. THE ASSOCIATED PRESS

Manhunt ends in foothills shooting

CALIFORNIA

Alleged killer may have shot himself after confrontation

An 18-day manhunt in the mountainous high desert of central California ended when two deputies opened fire on a man who pulled out a handgun during a confrontation on a rural road, authorities said Sunday.

Benjamin Peter Ashley, 34, was struck by several rounds after he failed to comply with orders to drop the weapon as

he walked toward foothills east of Bakersfield on Saturday, Kern County Sheriff Donny Youngblood told The Associated Press.

Ashley may have turned the weapon on himself after being shot by the deputies, Youngblood said. An autopsy planned for Monday will determine the cause of death.

"He either died from his injuries, or he shot himself and died. It's hard to confirm at this point," Youngblood said.

Three other weapons, including a pair of .44-calibre handguns, were found on Ashley's person and in a backpack he was carrying, the sheriff said.

The confrontation came after



He either died from his injuries, or he shot himself and died.

Kern County Sheriff Donny Youngblood

the owner of a rural convenience store reported a man matching Ashley's description had come in and bought about \$100 worth of junk food.

Dozens of deputies and officers from various agencies had been searching in remote terrain about 50 kilometres east

of Bakersfield for Ashley, who was described as a homeless man. He is suspected of killing a retired dentist, taking three men hostage and wounding two deputies.

During the manhunt, authorities warned residents to stay inside and lock their doors and windows. Two elementary schools and a middle school were shut. Authorities also closed a stretch of the famed Pacific Crest Trail in the southern Sierra Nevada during the manhunt.

Youngblood said detectives were searching for a motive, "but why he did what he did may never be known."

THE ASSOCIATED PRESS

IN BRIEF

Jamaican narcs execute major pot bust

Jamaican narcotics agents have seized a lot of marijuana found in two shipping containers at wharves in the nation's capital.

In a Sunday statement, Jamaican police say investigators found 10 duffel bags containing over 1,000 pounds of compressed marijuana in a container destined for Suriname, and another 75 pounds in a container headed to the Netherlands.

No arrests were made. THE ASSOCIATED PRESS

PLANE CRASH

'It was a horror, a real horror'

A small, single-engine plane crashed on to a Long Island railroad crossing Sunday, killing the pilot, injuring a passenger and shutting down service on a branch of the nation's busiest commuter rail line, officials said.

The plane crashed at a railway crossing between the Hicksville and Bethpage stations of the Long Island Rail Road around 7:45 a.m., authorities said.

Residents of a nearby senior living facility said they heard a loud noise and saw the craft on fire. Bystanders ran to the scene but had to get back because of

the flames, Charles Terzano told Newsday.

"It just melted," he said. "It was a horror, a real horror."

The name of the pilot was not immediately released. The passenger, identified as Carl Giordano, 55, of New Vernon, New Jersey, had a broken jaw, cuts and bruises, Metropolitan Transportation Authority spokesman Salvatore Arena said.

Giordano was undergoing surgery Sunday afternoon.

The impact left "a pile of metal that was burning," said Hicksville Fire Department First

Assistant Chief Richard Diaz. One of the wings had been torn off, and the other mangled with the body of the plane, Diaz said.

The Federal Aviation Administration said the Hawker Beechcraft BE35 had departed from Francis Gabreski Airport in Westhampton Beach. The pilot reported an issue and was trying to get to Republic Airport in Farmingdale at the time of the crash, according to the FAA. The craft crashed about three miles (five kilometres) northwest of Republic.

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Brewers' battle looms

RETAIL

Canadian beer giants set to fend off push by SABMiller

A beer war is brewing in Canada as SABMiller seeks to grow its presence following its divorce from partner Molson Coors.

Just four months after forming a Canadian subsidiary, the world's second-largest brewer is targeting dominant rivals Molson Coors and Inbev's Labatt.

"To say that we're going to overtake the two big boys would be a bit of stretch so I would be happy to settle in at No. 3," said general manager Paul Verdu. To get there, SABMiller Canada hopes Miller Lite — available in Ontario and Newfoundland until 2010 — will steal market share from dominant players Coors Light and Bud Light.

Miller Genuine Draft, previously sold for about 20 years through a partnership with Molson Coors Canada, and premium brands such as Peroni, Pilsner Urquell and Grolsch will also be sold in Canada, though primarily outside Quebec.



Global demand for lower-alcohol products such as Coors Light is growing. THE ASSOCIATED PRESS

All of SABMiller's products will be imported from the United States or Europe.

Global demand for light beers has been growing. It accounts for about half of total beer sales in the U.S., but less than 30 per cent in Canada.

Beer market specialist Plato Logic estimates light beers account for 20 per cent of total beer volume and have been growing 2.1 per cent annually over the past five years.

Verdu sees opportunities for the "original" light beer — Miller Lite — if only the beer-maker can convince Canadian drinkers to give it a try.

The company plans to spend heavily to promote its brands and hopes to get help by not charging Ontario bars and restaurants the hefty premium they face from all other brewers except Brick Brewing's Waterloo brand.

The move, which will

amount to establishments paying the same amount that consumers fork out at the Beer Store, is an incentive for bars and restaurants to carry more SABMiller brands, says James Rilett, Ontario vice-president of industry association Restaurants Canada.

He said bars and restaurants will save an average of \$10 per case of beer, or almost \$75 million annually.

THE CANADIAN PRESS

GREECE

Merkel rules out debt cut, saying no certainty bailout will succeed

German Chancellor Angela Merkel says there's no certainty the latest bailout for Greece will succeed but she is hopeful the country can overcome its economic crisis if it adheres to the agreements forged with its creditors.

Merkel also told German broadcaster ZDF on Sunday that Greece can't expect its debt to be cut.

The International Monetary Fund has insisted that Greece must be given some form of debt relief before it will participate in any new bailout, something Germany wants.

But Merkel said while repayment periods may be extended and interest rates can be tweaked, a so-called debt "haircut" is ruled out.

Dozens of lawmakers in Merkel's conservative bloc plan to oppose the new bailout package for Greece at a special session of Parliament on Wednesday.

This past Friday, finance ministers of the 19-nation euro single currency group approved the first 26 billion euros (\$29



German Chancellor Angela Merkel waits for the beginning of her first cabinet meeting after her summer holidays in the Chancellery in Berlin. GERO BRELOER/THE ASSOCIATED PRESS

billion US) of a vast new bailout package to help rebuild Greece's shattered economy.

The approval came after Greece's parliament passed a slew of painful reforms and spending cuts after a marathon overnight session that divided the governing party, raising the spectre of early elections.

Ten billion euros will be available to recapitalize Greece banks, while a second slice of 16 billion euros will be paid in instalments, starting with 13 billion euros by Aug. 20 when Greece must make a new debt payment to the European Central Bank.

THE ASSOCIATED PRESS

IN BRIEF

GlaxoSmithKline set to reopen bacteria-hit plant

Drugmaker GlaxoSmithKline plans to resume operations on Monday at a North Carolina plant that closed Aug. 11 after bacteria that cause Legionnaires' disease was found in cooling towers. The plant in Zebulon produces inhaled medications. About 400 employees were told to stay away until the towers were cleaned and disinfected.

THE ASSOCIATED PRESS

China moving to more sustainable growth: IMF

The International Monetary Fund says that so far, China is successfully managing a transition to slower but more stable growth. It predicted the Chinese economy will grow 6.8 per cent this year and 6.3 per cent in 2016 after registering 7.4 per cent last year. The IMF sees the deceleration as part of a deliberate plan to wean China from overdependence on exports and toward growth built on consumer spending.

THE ASSOCIATED PRESS



POLL: IS BUTTER BETTER?

It's been the conventional wisdom for half a century: Fat is fatal. But McMaster University researchers analyzed dozens of past studies and found no link between saturated fats — the tasty ones found in meats, butter and eggs — and death from heart disease, diabetes or stroke (trans fats are another story). It's the latest in a litany of studies reaching the same conclusion. We asked our readers if they've rethought the fats they feed their families.

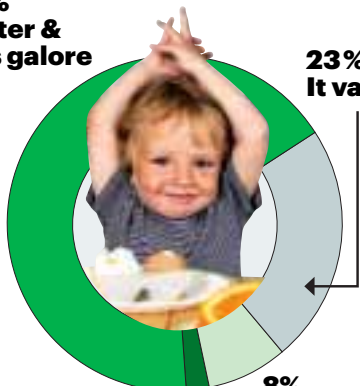
WHAT DID YOU EAT GROWING UP?

67%
Butter & fats galore

23%
It varied

2% Healthy whole foods

8% Margarine & low-fat everything

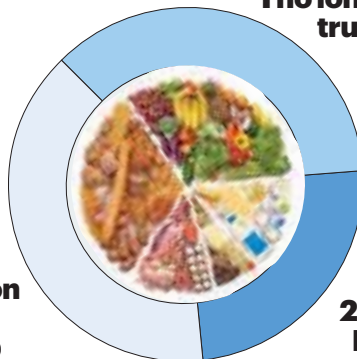


How do you feel about the often changing 'official' dietary advice?

36%
I no longer trust it

40%
I pay attention & try to keep up

24%
I've never cared



Have you changed your approach to fat?

32% I've always eaten saturated fat. Butter forever!
29% I watch my saturated fats more now.
15% I don't think about types of fats.
14% Thanks to research, I've been eating more saturated fat again. Butter is back!
10% I've been following a low-fat diet for life.



990
RESPONDENTS

Answer our poll every Friday at metronews.ca

Voters can make health care a campaign issue

INSIDE THE PERIMETER

Shannon VanRaes



You know what the middle class really needs? Health care.

In fact, everyone needs access to health care, be they rich or poor. But for some reason — maybe it's because cold and flu season is still weeks away, or maybe it's because the economy has stalled — health care has yet to be championed during the federal election campaign.

A quick survey of the four main political parties reveals only one lists health care prominently on its election website. The NDP puts it near the top of its issues section. That's not surprising, given medicare was first introduced in Saskatchewan by Co-operative Commonwealth Federation Premier Tommy Douglas.

The CCF went on to become the New Democratic Party and Douglas its first federal leader.

It was Liberal Prime Minister Lester B. Pearson who officially entrenched a decades-long march towards universal health care with the Medical Care Act of 1966. Not that you'd find any hint of that on the current Liberal website.

The last vague remarks on health care I could find from Liberal Leader Justin Trudeau were made nearly a year ago at an event held by the Canadian Association of Retired Persons, indicating he would talk to the provinces about it and examine the cost of prescription drugs. That's it.

The Green Party doesn't include health care on its election home page, but if you download the party's plan in its entirety you'll find an extremely comprehensive vision. Among many other things, the Greens vow to oppose two-

tier (public and private) health care, target chronic diseases before they become crises and initiate a public inquiry into the costs associated with prescription drugs. It's by far the most in-depth and thorough platform. The NDP may have historical street cred, but the Greens lay it all on the table.

And what do the Conservatives have to say on the issue? Nada. At least not on the party's official website. But it bears mentioning that Stephen Harper was both president and vice-president of the National Citizens Coalition — an organization founded by a wealthy insurance salesman dedicated to the elimination of publicly funded health care.

It's also worth noting Harper has refused to meet with the provinces to discuss health care and did not renew the National Health Accord when it expired in 2014. Re-

cent changes to health funding formulas also mean provinces will receive billions less than expected.

All of this would have made excellent fodder for the first leaders' debate, but health care wasn't on the agenda. Nor has it been the subject of any policy announcements. So that leaves you and me, the voters, to put it on the agenda.

All Canadians need health care, and we need to let political leaders know that it belongs on the agenda. When voters head to the polls this fall they need to be informed. In this case, their lives depend on it.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

ROSEMARY WESTWOOD

metroview

Why we resist and deny facts that don't match our beliefs

There are ideas, there are opinions, and there are harder-held beliefs.

And once a person gets hold of a few of these, it sometimes seems, they'll never let them go. As if there's no way to change a mind, and little interest in changing your own.

When I worked at a student newspaper, I had a conservative editor-in-chief. He was the first conservative I'd ever, knowingly, met.

Universities are hotbeds of liberalism, their newspapers among the most overtly political press in the country. He, you can imagine, was an outlier.

And yet we had some of the most interesting debates I've been party to. He made me think more clearly through his questions. He was far less dogmatic than the rest of us, far more curious, far less self-righteous.

Writing a column should be fodder for a good debate. I've considered an issue, tried to figure out what I think, and why. I've tried to prod others to do the same. Making people angry might get clicks, but making people think is surely a better goal.

And yet sometimes I fear it's impossible. I fear we argue, and mistakenly romanticize it as debate.

I'm not sure that anyone who wants to debate my column with me ever really tried to understand me in the first

place. And thus, I'm not sure I care to understand them.

I doubt anyone who likes a column likes it because I made them think differently. I more likely gave words to what they already believed.

What can really change a person's mind? Or can anything?

A 2014 New Yorker piece explored the research behind false beliefs — opinions held despite overwhelming evidence to the contrary — and whether people who hold them can be convinced otherwise. It seems that "If information doesn't square with someone's prior beliefs, he discards the beliefs if they're weak and discards the information if the beliefs are strong."

In other words, if you challenge something I hold dear, I'm far less likely to accept your argument, no matter how irrefutable it may be.

Researchers did find a hopeful loophole: If you make someone feel safe, if you don't appear to fundamentally threaten who they are, they more easily shed false beliefs.

I would add that changing minds — the purpose of debate — is impossible if you value thinking you're right over being right.

So maybe I should be asking for your effort to understand me, if you can muster it. Even on my angriest of days, I'd rather be wrong than ignorant.

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FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan





Danielle Honsberger has received two noise complaints from the City of Pickering regarding her three children, ages 11, nine and seven, for being too loud in their backyard swimming pool. She says they are only home from about 4 to 6 p.m. each night to swim in the pool. SABRINA BYRNES/TORONTO STAR

Backyard fun: Quiet the dilemma

NEIGHBOURS

Complaints escalate the situation, so try having a conversation

Many would consider the sound of kids gleefully playing outdoors a natural soundtrack of the summer.

But one family in Pickering, Ont., located east of Toronto, was told the sound of their kids splashing in their backyard pool was deemed unreasonably disruptive by a neighbour.

On the very first day of summer vacation, Danielle Honsberger said she received a card from the municipal-

ity concerning a neighbour's noise complaint. It was later followed by a formal written notice.

"We didn't even know that we had offended anybody, and if they had spoken directly to us, we could have avoided this whole situation," said Honsberger, a mother of three children, aged seven, nine and 11.

"I would have been embarrassed and very respectful and been on the noise right away — but they never gave us that opportunity.

"I am a parent who is very present and very mindful of how we are heard in the community."

Across the country, municipalities are frequently forced to intervene when residents file complaints about noise disrupting their peace and

quiet.

In Ottawa, officials say a total of 6,152 noise-related complaints were filed to the city between the beginning of the year and Aug. 11, with just under half related to loud music and about 1,500 loud shouting.

In 2013, Saskatoon received 1,694 noise complaints and 1,268 complaints specifically about noisy parties.

While statistics were not available, Winnipeg officials said most noise complaints in that city are typically about the roar of construction machinery and neighbours' air conditioners.

Susan Logan, executive director of the non-profit Mediation & Restorative Justice Centre in Edmonton, said neighbour disputes represent the largest percentage of their caseload.

Issues arise all year long, from complaints over placing snow on a neighbour's lawn — or simply not shovelling — to overgrown trees, she said.

Complainants are encour-

+ SOUND OFF

Common gripes

Winnipeg's most common noise complaints are related to the operation of construction/heavy machinery before 7 a.m. on weekdays, 9 a.m. on weekends (summer construction and winter snow clearing) and noisy air conditioners.

THE CANADIAN PRESS

aged to approach their neighbour about their annoyances rather than leaving the task to an outsider.

"If you got a letter in the mail that said: 'One of your neighbours has an issue and would you like to call us so that we can talk about it,' you're going to be defensive right (from) the beginning," Logan said.

"We're trying as much as possible to set a stage from the very beginning that's a stage of collaboration."

Eva Malisius, program head

of conflict analysis and management programs at Royal Roads University in Victoria, B.C. said the first step towards resolving a dispute over noise should involve telling a neighbour directly how they've been affected by the disruption.

"Just having that opportunity to hear the other side, usually, neighbours are very open to that. If you do file a complaint, that already escalates it," Malisius said.

Failing that, many communities offer mediation services with a neutral third party offering help, she noted. If all of those steps don't lead to success, then a formal complaint can be an option.

Mediators generally don't try to convince either neighbour that they're right or wrong, Logan said. Instead, they focus on having each side reflect on the situation and determine whether they'd like to address the issue further.

"We try to move people from a position on something — so 'You have to cut the tree' — to a position of 'Why would

cutting the tree be of value?' And: 'Is there an alternative to cutting the tree?'" Logan said.

"Just going over to your neighbour and saying: 'This is what I want you to do,' or 'This is what I need you to do' isn't going to help the situation."

Kim Thompson, manager of Pickering's bylaw enforcement services, confirmed that an official complaint has been filed about the Honsberger family but wouldn't go into details about the case. She said no charges have been laid.

"In general, if there's a noise complaint during daytime hours, the complainant has to indicate that they can hear the noise when they're inside their house with all the doors and windows shut," Thompson said.

Honsberger said she hasn't heard anything further from the city or the complaining neighbour, and maintains that the family have and will continue to use their backyard in a "respectful manner."

THE CANADIAN PRESS



We didn't even know that we had offended anybody, and if they had spoken directly to us, we could have avoided this whole situation.

Danielle Honsberger



UBREW co-founders Wilf Horsfall, left, and Matthew Denham salute the home brew trend in England; closer to home, there are plenty of ways to make your own pint of beer. GETTY IMAGES

Hops to it: Brew your own to save

FRUGAL FERMENTATION

Why craft beer at home? It's cheaper than bottled water

Kyle Prevost
youngandthrifty.ca



I have often said that if beer is an acquired taste, then you might as well acquire a taste for cheap beer.

Many brew aficionados would disagree with my assessment of adult beverage choice, claiming instead that something as precious as a lager, stout or ale should be savoured as a delicacy and that intense scrutiny should accompany every sudsy indulgence.

Luckily there is a solution that can satisfy both my quest for fermented frugality and the pristine palate of beer connoisseurs: brewing your own hops-filled masterpiece.

A five-gallon beer kit can be purchased for about \$30, depending on the recipe you want to brew. Add another \$10 for yeast and bottle caps, and the input costs will run you around

\$40. Five gallons is roughly equivalent to fifty-three bottles of beer. This gives us a per-beer cost of about 75 cents — that's cheaper than bottled water!

In much of Canada, even the cheapest discount beers cost \$1.40 per 341 ml serving. The "middle class" of beers such as Labatt Blue or Molson Canadian, often come in around \$1.60. This is of course assuming you're purchasing your poison of choice at a vendor and not in a bar or restaurant — where of course the per-serving cost skyrockets.

just under \$1,000 annually. Self-brewing by comparison could net you the same amount of beer (at a higher alcoholic content if that's what you're into) for \$9 a week, or \$468 over the course of a year. That's an annual savings of roughly \$532 — not counting any drinks you save yourself from purchasing in a bar or club.

There are some initial start-up costs and depending on how fancy you want to get, they can range from 50 bucks to more than \$200. As always, looking around online or checking out some used equipment can save you some hard-earned cash.

Often you can find brewing kits that have barely been taken out of the box when looking online, and as a one-time cost, it's definitely worth it if you use the kit for a couple of years.

There is no telling how much your own time vs. beer crafting enjoyment value ratio will play into our brewing equation. I know some people who love making their own beer so much that they would pay a premium to do so, while others see it as a little hobby that can help them stretch their entertainment budget. Take pride in your brewmaster skills and enjoy one for me this summer, Canada!

If we assume that the average beer-drinking Canadian consumes a 12-pack in an average week, and that they prefer a popular domestic vintage, the weekly cost would be \$19.20 or



ECONOMY

Most Canadians don't feel better off since last election, poll finds

Chris and Mariana Thomson don't believe they're better off in the four years since the federal Conservatives captured a majority government in 2011.

The Toronto couple, Chris, 40, a medical adviser for a pharmaceutical company and Mariana, 36, a medical writer, have seen soaring costs for everything from utility bills to food, clothing and transportation, but their paycheques are barely keeping pace.

"Housing prices have gone up and our salaries have not gone up equivalently, and that's been the biggest hit for us," Chris Thomson said in an interview as he and his wife went for a walk with their nine-month-old daughter, Stella.

The Thomsons are similar to the majority of Canadians — 51 per cent — who recently answered "no" when a Forum Research poll asked them, "Are you better off now than you were in 2011?"

The poll, conducted earlier this month, found only 34 per cent of respondents said yes.

When the survey results are broken down by age, at least 50 per cent of Canadians ages 35 to 65 and older believe they aren't better off.

Forum Research president Lorne Bozinoff says the poll results may not bode well for the Conservatives in the federal election this fall.

Forum's findings suggest Conservative support in the election might be limited to that 34 per cent who truly believe they are better off than they were four years ago, he argues.

"Who would vote for them if they feel they're worse off now,

“Who would vote for them if they feel they're worse off now?”

Lorne Bozinoff, president
Forum Research

when the government made the economy one of their key things?" Bozinoff argues.

Fifteen per cent of those surveyed said they don't know if they're better off now than in 2011.

The Conservatives have made the economy one of their key planks heading toward the Oct. 19 vote. Leader Stephen Harper's

Conservatives have promised a balanced budget for 2015, though Jean-Denis Fr chet te, the Parliamentary Budget Officer, says that's unlikely.

In a bid to help families with children, the Conservatives recently increased the Universal Child Care Benefit, adding new payments for children aged 6 to 17 and increasing payments for children under age 6.

Meanwhile, the Liberals are promising to scrap the Conservatives' new benefits and lower taxes for the middle class while hiking taxes for the rich.

The NDP is promising \$15-a-day daycare spaces that would be funded in part by modest corporate-tax increases.

TORSTAR NEWS SERVICE

+ 18 TO 34 YEAR OLDS EVENLY SPLIT

Student debt a concern

The number of 18- to 34-year-olds who believe they are better off since 2011 — 41 per cent — is equal to the number who say they are not better off, according to the poll. Liam

Crober-Best, below, who will begin studying at Sheridan College in Oakville, Ont. in September, has struggled to find part-time jobs and is expecting to be hit with massive student debt. TORSTAR NEWS SERVICE



WOMEN TO WATCH IN 2015

So much richer than me and you

Forbes, the leader in decimating your self-esteem, has a new list of people who are better than you.

This time around it's the "8 self-made women to look out for in 2015."

On top of the list is our friend Jessica Alba, who Forbes reports owns up to 20 per cent of The Honest Company, which "saw revenues grow from \$10 million 2012 to \$150 million in 2014."

Alba's company however has recently found itself in hot water, when customers began to complain that the natural sunscreen the company sells doesn't work.

Up next on the list? Oscar-winning actress Sandra Bullock. According to Forbes, Bullock found herself on the list because of her successful production company Fortis Films,



Jessica Alba tops Forbes' 2015 list of self-made women. GETTY IMAGES

her Oscar noms and wins, her huge paycheques and because she owns two restaurants in Texas. MATTHEW LEE/METRO IN NYC

+ EIGHT GREATS

- 1) Jessica Alba**
— Actress, entrepreneur
- 2) Sandra Bullock**
— Actress, producer
- 3) Cindy Monroe**
— Entrepreneur
- 4) Taylor Swift** — Musician
- 5) Natalie Massenet**
— Journalist, entrepreneur
- 6) Lynn Jurich**
— Entrepreneur
- 7) Lisa Falzone**
— Entrepreneur
- 8) Angela Ahrendts**
— Businesswoman

IN BRIEF

Brewers prospect first openly gay active player

A Milwaukee Brewers minor leaguer has become the first openly gay player on a team affiliated with Major League Baseball.

David Denson, with the help of former major leaguer Billy Bean, reached out to the Milwaukee Journal Sentinel to tell his story.

The 20-year-old first baseman plays for the Helena Brewers in the rookie Pioneer League. Bean, MLB's first Ambassador for Inclusion, disclosed he is gay after his playing career.

"Talking with my teammates, they gave me the confidence I needed, coming out to them," Denson told the newspaper. "They said, 'You're still our teammate. You're still our brother. We kind of had an idea, but your sexuality has nothing to do with your ability. You're still a ballplayer at the end of the day. We don't treat you any different. We've got your back.'"

"That was a giant relief for me," he added. "I never wanted to feel like I was forcing it on them. It just happened. The outcome was amazing."

On Sunday, the Brewers lauded Denson as a "highly respected member" of their family and "a very courageous young man."

"Our goal for David is to help develop him into a major league player, just as it is for any player in our system, and we will continue to support him in every way as he chases that dream."

THE ASSOCIATED PRESS

Jays swing past Yankees

MLB

Win pulls team back to within a half-game of AL East lead

Thanks to a little luck and a lot of good pitching, the Toronto Blue Jays staved off a sweep at the hands of the New York Yankees.

Drew Hutchison turned in his second straight strong start, and the top of the lineup made the most of a ball getting lost in the sun as the Blue Jays beat the Yankees 3-1 Sunday afternoon at Rogers Centre.

Toronto cut New York's lead in the American League East back down to a half-game with seven games left between the division rivals.

In 6-2/3 innings, Hutchison allowed just four base-runners on three hits, including a solo home run. The much-maligned right-hander with a 5-plus earned-run average struck out five to become the 14th pitcher in the majors to hit 12 victories this season.

Hutchison got there because the Blue Jays took advantage of their biggest break of the day, when Yankees left-fielder Carlos Beltran lost a fly ball in the sun in the third inning. Troy Tulowitzki ended up on second with what was later scored a double.

An RBI double by Josh Donaldson got the Blue Jays on the board, and a two-run shot by Jose Bautista, his 28th home run of the season, broke open an inning that could've been over.



Blue Jays starting pitcher Drew Hutchison stretches before his first pitch in Toronto on Sunday. Hutchison pitched 6-2/3 innings, fanning five batters and allowing only three hits before leaving the game in the seventh to a standing ovation.

FRED THORNHILL/THE CANADIAN PRESS

SUNDAY In Toronto

3	1
BLUE JAYS	YANKEES

Base-running blunders kept the Blue Jays from doing any more damage, as did Yankees starter Luis Severino, who struck out a career-high nine in his third major-league start.

Hutchison helped the Blue

Jays (65-54) make some more history of their own. He made it the 20th straight game that the starting pitcher allowed three or fewer earned runs, extending a franchise-record set Saturday.

The 24-year-old left to a rousing standing ovation from the sellout crowd of 46,792. Relievers Brett Cecil, Aaron Sanchez and Robert Osuna finished the Yankees (64-52) off to make the Blue Jays 15-3 since making a flurry of trades in late July.

THE CANADIAN PRESS

REMEMBERING 'THE DRIVE OF '85'

Jays pay tribute to first AL East championship team

Even 30 years later, the 1985 Toronto Blue Jays' playoff loss still stings.

The Blue Jays had finally gotten over the hump to capture the American League East with 99 wins. But the Jays ultimately blew a 3-1 ALCS series lead to the

Kansas City Royals to see their title dreams dashed.

The franchise's first division-championship was honoured Sunday at Rogers Centre. "The Drive of '85" got the full pre-game ceremony treatment Sunday afternoon before the Blue Jays faced the New York Yankees.

THE CANADIAN PRESS

ROGERS CUP

Murray edges past Djokovic; Bencic upsets Halep in finals

Andy Murray defeated Novak Djokovic 6-4, 4-6, 6-3 to win the US\$4.1-million Rogers Cup on Sunday, ending an eight-match losing streak to the world's top-ranked player.

Second-seeded Murray posted his fourth tournament victory of the year. He won \$685,200 for claiming the Rogers Cup for a third time after hoisting the trophy in 2009 and 2010. His three wins tie Djokovic, Rafael Nadal and Andre Agassi for second place all-time behind Ivan Lendl's six victories.

The two top seeds split the first two sets in a three-hour match in hot, muggy conditions at Uniprix Stadium. It played out with Murray serving at 3-1 in the third, already up a break.

A ferocious baseline battle went to deuce 10 times and Murray fought off six break points to all but put the match away.

Djokovic had two more break points in the final game, but Murray pounded two service winners and eventually won when Djokovic hit a ground

stroke long after a brief rally.

With the win, Murray will take over the world No. 2 ranking from Roger Federer for the third time in his career.

On the women's side, unseeded Swiss teen Belinda Bencic defeated Simona Halep 7-6 (5), 6-7 (4), 3-0 to win the Rogers Cup women's final

Andy Murray
THE CANADIAN PRESS



Sunday afternoon at the Aviva Centre.

The victory over the second-seeded Romanian capped a week of upsets for Bencic. She beat four of the top five seeds — including top-ranked Serena Williams in the semifinal — to claim her first Premier-Five level title.

Bencic earned US\$456,000 for her second career WTA Tour title.

Halep, who was looking for her fourth title of the season, earned \$227,640 as runner-up.

In the men's doubles final, twin brothers Bob and Mike Bryan defeated Daniel Nestor of Toronto and Edouard Roger-Vasselin of France 4-6, 6-3 10-6.

The women's doubles final was scheduled for later Sunday with third-seeded duo Bethanie Mattek-Sands and Lucie Safarova meeting fourth-seeded Caroline Garcia and Katarina Srebotnik.

THE CANADIAN PRESS



Belinda Bencic
FRANK GUNN/THE CANADIAN PRESS

Jason finally has his Day in sun

PGA CHAMPIONSHIP

Aussie breaks major curse in style with record score

A year of major heartache ended with Jason Day breaking through in a major way Sunday at the PGA Championship.

With at least a share of the 54-hole lead for the third straight major, Day never gave Jordan Spieth or anyone else much of a chance at Whistling Straits. He closed with a 5-under 67 for a three-shot victory and broke Tiger Woods' major championship record for most strokes under par by finishing at 20 under.

In tears before tapping in for par, Day hugged his son and wife and then Spieth, who earned a small consolation prize with his runner-up finish. Spieth moved to No. 1 in the world, ending the one-year reign of Rory McIlroy.

"I didn't expect I was going to cry," Day said. "A lot of emotion has come out because I've been so close so many times

LPGA WIN FOR CANADIAN TEEN

Brooke Henderson won the Cambia Portland Classic by eight strokes Sunday to become the third-youngest champion in LPGA Tour history.

The Canadian from Smiths Falls, Ont., closed with a 3-under 69 at Columbia Edgewater to finish at 21-under 267, the lowest total since the event went from 54 holes to 72 in 2013. Henderson is 17 years, 11 months, 6 days.

Lydia Ko set the age record as an amateur in the 2012 Canadian Women's

Open at 15 years, 4 months, 2 days. She also won the Canadian event in 2013 at 16, and won four times at 17. Lexi Thompson won the 2011 Navistar LPGA Classic at 16 years, 7 months, 8 days.

Henderson's eight-stroke win is the largest margin of victory on the LPGA Tour since Jiyah Shin won the 2012 Women's British Open by nine shots.

Pornanong Phatlum, Ha Na Jang and Candie Kung tied for second.

THE ASSOCIATED PRESS



Jason Day, of Australia, celebrates after winning the PGA Championship JAE HONG/THE ASSOCIATED PRESS

the front nine, when he made his first bogey on No. 8 and then chunked a wedge from the fairway on No. 9. But he saved par with an 8-foot putt and was on his way.

And he knew it at the end. With a three-shot lead on the par-5 16th, Day hit a high draw onto the green, bit his

lower lip and swatted long-time coach and caddie Colin Swatton in the arm. That two-putt birdie took him to 20 under, and two pars sealed the victory.

Woods finished at 19 under when he won the 2000 British Open at St. Andrews.

THE ASSOCIATED PRESS

GOLDEYES WIN

Anderson helps the Fish overcome RedHawks

Looking to snap a three-game slide as they continue to hunt down the American Association wild card, the Winnipeg Gold-eyes rode timely hitting and the arm of starter Kyle Anderson to an 8-1 victory over the Margo-Moore-head RedHawks in front of 6,878 fans on Sunday afternoon.

"I had a good first inning. I was throwing strikes and it rolled from there," said Anderson (4-5, 4.38 ERA), who allowed the one run on six scattered hits in eight complete innings of work. "The offence and the defence was unbelievable today."

The Fish put up three multi-run innings on RedHawks starter Taylor Stanton, including a three-run sixth that chased the right-hander from the game. Winnipeg (36-43) now heads out on a 10-game inter-league road trip through the Can-Am League destinations of Trois-Rivières, Que., Ottawa and Quebec City.

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A perfect chilled or room temperature pasta salad that is great as a main meal or side. **Serves 4.**

Ready in

Prep time: 15 minutes

Cook time: 8 minutes

Ingredients

- 8 oz rotini (preferably whole wheat)
- 2 cups sugar snap peas
- 2 cups grape tomatoes, sliced in half
- 3 oz crumbled feta cheese
- 3 Tbsp fresh chopped dill
- Dressing
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- 1/2 tsp minced garlic

• Salt and pepper

Directions

1. Cook pasta in boiling water according to package directions. In last two minutes, add snap peas and cook just until crisp. Drain, saving 1/4 cup of the pasta water. Rinse pasta with cold water until pasta and peas are no longer warm. Add to serving bowl along with reserved water, tomatoes, feta and dill.

2. Add ingredients for dressing and mix well.

Nutrition per serving

- Calories 370
- Protein 12 g
- Carbohydrates 47 g
- Fibre 6 g
- Total fat 15 g
- Saturated fat 3.5 g
- Cholesterol 5 mg
- Sodium 400 mg

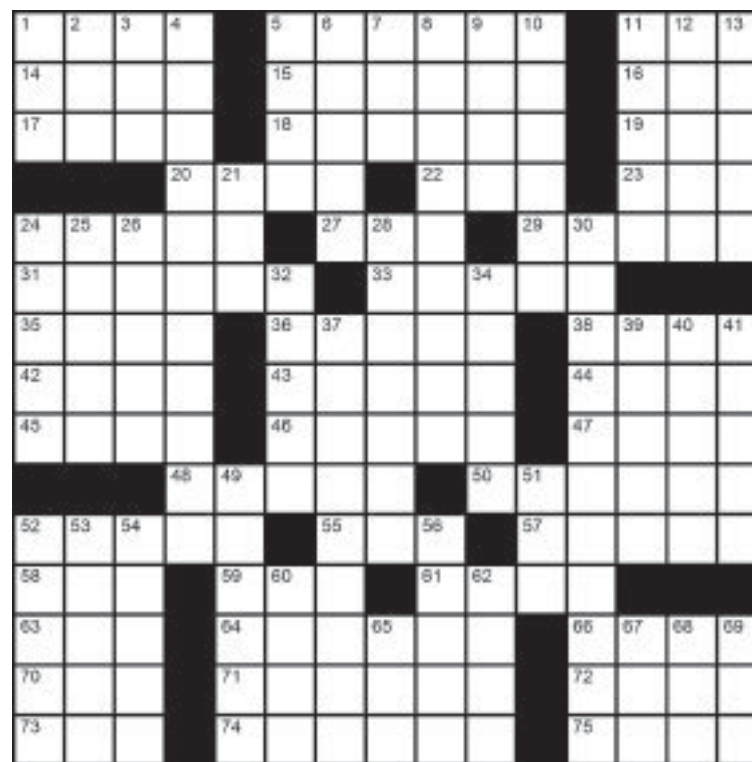
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- "Fly _ Home" (1996)
- Security system device
- Corn throwaway
- Health club offering using mats
- Montreal 'star'
- 'Select' suffix
- Birthers of baby baa-ers
- Aerobics moves
- Canadian train name
- Jewellery material
- Red significance on a tap
- Sign-off
- Cleanse thoroughly
- Quest's opposite
- Rob of "Melrose Place"
- "Sex and the City" character
- Overthrow
- Wipes
- Bearded, as wheat
- Sales slips, shortly
- Like/seemingly: 2 wds.
- Wounded by a bull
- "Dies _": Latin hymn meaning 'Day of Wrath'
- Ms. Wilson of "La Femme Nikita"
- France's longest river
- Not yet final, at law
- Marsh plants
- _ Thesaurus



- (Popular book of synonyms)
- There's one appearing in "I, Robot" (2004)
- Body of water
- Mr. Zimbalist Jr.
- Tic-Tac-Toe losing row
- Groove

- iPhone's voice-activated helper
- English _
- Exhibits buoyancy
- Colossal
- Dutch city
- Remove one's identity badge, perhaps
- Peru's capital

- Poivre's pal
- Paula Abdul once cheered for them
- Companies: Marketing or Accounting, e.g.

DOWN

- Naturally nae-not
- "Impressive!"

- Margarine
- One taking a break
- Spotted cat-like mammal
- Pertaining to sheep
- Necklace bits
- "Either he goes _ _ go!"
- Abandon
- Reason
- William _ (British remixer/producer)
- Break of day
- Buffalo _ (Pre-CSNY group)
- Bald _ (North American bird)
- Bovid bag
- Joni Mitchell song covered by CSNY about the same-named 1969 music festival
- Town _ (News-giver of yore)
- Flavour
- Earthquake
- Bawling out
- "Whistle _ the Lave Ot": Song by Scottish poet Robert Burns
- _ Notes (Literature aids)
- Rusty stuff, Iron _
- Traveller's lodging
- Awakened
- Forearm bone
- Web connectors, commonly
- Ginger beverage
- "American _" (1999)
- Little devil
- Meower

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

It's no big deal if you feel a bit left out. You are sending out signals to those around you that you don't want to be bothered too much and friends and colleagues are simply respecting your unspoken wishes.

♉ Taurus April 21 - May 21

You will be put to the test and pass with flying colors. No matter how big the challenge you are big enough to meet it. You were born to lead and you were born to succeed.

♊ Gemini May 22 - June 21

Some intense cosmic activity will encourage you to deal with events you usually avoid. Chances are you will deal with them so well, you'll wonder what all the fuss was about.

♋ Cancer June 22 - July 23

The planets promise success and riches beyond your wildest dreams. Okay, so maybe it won't be quite that spectacular but it will be worth having. Don't get carried away though. What took so much effort to acquire won't take much effort to lose.

♌ Leo July 24 - Aug. 23

A feud that has taken up too much time and energy must be resolved. Today's planetary set-up will give you the courage to make changes. Hopefully others will accept them.

♍ Virgo Aug. 24 - Sept. 23

You like to be in control but that may not be possible today. If you are smart you will let others take the wheel. Yes, you will enjoy the ride.

♎ Libra Sept. 24 - Oct. 23

You need to scale down your ambitions a bit. Don't think of it as giving up things you like, think of it as making more room for things you love.

♏ Scorpio Oct. 24 - Nov. 22

If your private life is in a bit of a mess then now is the time to sort it out. The planets will help you make necessary changes but you have got to be honest with those you love. Don't just tell them what they want to hear.

♐ Sagittarius Nov. 23 - Dec. 21

For some strange reason you seem to believe that you are not really good enough to compete at the highest level, but nothing could be further from the truth. You have so much talent at your disposal.

♑ Capricorn Dec. 22 - Jan. 20

So many things are changing but the long-term results will be favourable. A week or so from now you will have a much more positive view of what is going on.

♒ Aquarius Jan. 21 - Feb. 19

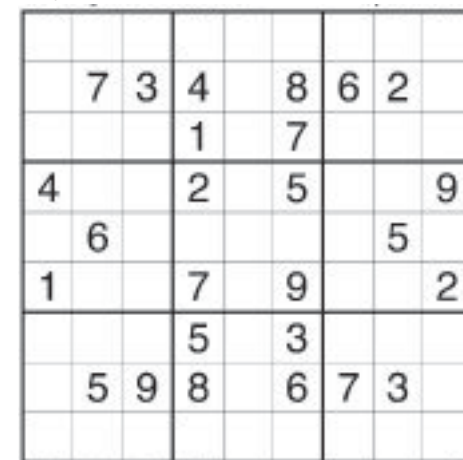
Do everything in your power to get along with partners, colleagues and employers. You must be willing to compromise, even if it means you get slightly less while they get more.

♓ Pisces Feb. 20 - March 20

Personal matters are causing you a lot of concern and things are likely to come to a head when the Sun links with Saturn at the end of the week. Between now and then be good to yourself and get plenty of rest.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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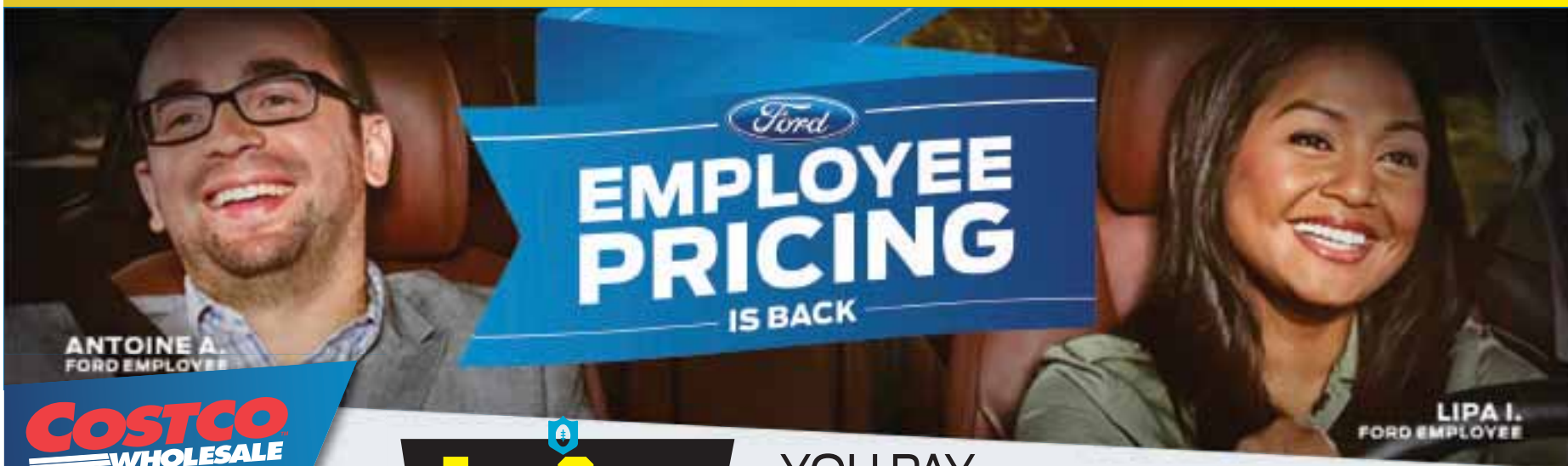
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and more #520130



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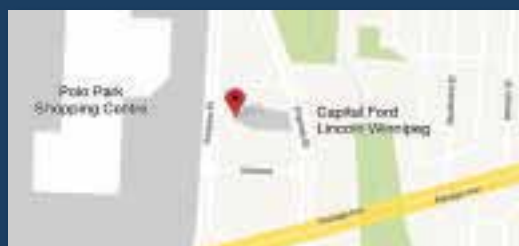
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